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6. OBJECTIVE

This method statement serves as a guide to assist the work teams to preform activities where using Step ladders at heights in a safe manner and in accordance with the correct requirements.

2. SCOPE

(STATE THE SCOPE OF WORK TO BE DONE, OR THE TASK TO BE DONE)

3. GUIDELINES

* Ensure correct tools and equipment
* Equipment is in a sound condition and safe to use
* Set up on a level surface
* Keep area clear of people and obstructions
* No Makeshift equipment or tools is used

4. TOOLS AND EQUIPMENT

* Ladders
* Safety harness
* Lanyards on all tools used on heights
* Valid Working at Heights training
* PPE

1. METHOD

* Ladders will be used to gain access to heights
* Safety harnesses will be used when working at heights
* All tools and equipment will have lanyards attached to them
* All tools and equipment to be checked daily and to be on register
* Ladders to be taken to site and placed into position on walk ways or against immovable structures
* Ladders will be secured at the bottom and at the top
* Hook safety harness onto immovable structures to avoid falling
* Three-point contact to be maintained when ascending or descending.
* Any chemicals, paints, oils etc are to be properly sealed and checked for leaks prior to being taken up to prevent spillage.

Note:

Before the work may start, this Method Statement and its associated Risk Assessment are to be discussed in detail with all persons involved. Any further additions/changes to these documents, relating to the safety of this work, are to be added to the Method Statement/Risk Assessment. All persons involved in the work are to sign this document as acknowledgement that they understand this work methodology and the risks associated with it.